ALLIE'S ASPIRATIONS

By ANNA HELLMAN

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frame of mind.

a period.

nor weeks, as he discovered. 'And the

next month he went back to Colorado

alone, in anything but a cheerful

Allie's father expostulated mildly

once or twice, and her sister Henri-

etta lectured her soundly, for she

knew that it was not every day that

the right man falls in love with a girl.

band had closed his eyes forever on

their lives, and although electing to

she desired for her sister the happi-

ness that had been hers for so brief

After Robert's departure Allie did

not appear to find the usual pleasure

in her various fads. Somehow they

seemed less important than formerly,

and her plans for remodeling the

world were in danger of falling

through, when one day as she returned

from delivering a lecture on Higher

Ethics before the Ladies' Aid society

her father entered the room with a

newspaper in his hand and asked her

It contained a short article with

mining camp of Cripple Creek, Col.,

fire. Several lives had been lost and

The fire department had proved in-

adequate to contend with the flames,

and the miners had turned out bravely

to help. One, the superintendent of

the Anaconda mine, by the name of

some children from the second story

That was all. Not a word to tell

"My God, save him and forget me!"

A moment later she was on her

"Father, I am going to start for Col-

feet again; her eyes heavy, miserable,

they were in a Pullman on a west

bound train. They left it for a stage

at picturesque Manitou on the morn-

ing of the third day, but Allie had no

eyes for the grandeur of the moun-

tains; the long journey was a tragedy

All day, long the stage, going at a

moderate pace, befitting the severe

grades of the primitive road, literally

climbed into the recesses of the Rock-

ies; traversed deep canyons, and

clung to narrow shelves cut on the

side of the rocky barrier. Toward

evening it dashed noisily down the

side of a steen mountain and rolled

into a charred, blackened, smoldering,

forsaken-looking place, with only a

few isolated cabins left to mark the

once flourishing town of Cripple

In the tent which served for the

stage office, the sisters learned where

the invalids were being cared for, and

reached the entrance of the shack Al-

cannot go another step, Henrietta,'

that moment the door opened, and on

with a bandage across his forehead, a

scar on one cheek, and his right arm

in a sling-a pitiful-looking object

Allie sprang to her feet. "Bob!"

Henrietta strolled away to inspect

"Dearest," Hobson said, when earth

and heaven had once more assumed

their proper relationship, "your aspi-

am badly in need of a nurse, and as

soon as I'm able to travel we will

take Henrietta with us and visit the

Philippines-on our wedding trip, you

Shooting a Bird.

Italy, where dynamite is used for

blasting, a boy 13 years old, who got

hold of an old pistol, took aim and

fired at a bird sitting on the roof of a

shanty. Within the shanty was stored

a large quantity of the explosive men-

tioned, and the boy missed the bird

and caused an explosion that killed

five men and crippled seven. He him-

self was nearer the shanty than any

one else, and yet he received no in-

jury. He didn't mean to do it, of

course, but he will probably be locked

Dr. V. A. Latyam of Chleago and

Miss Mary A. Booth of Springfield,

Mass, are said to be the only experi

women photomicrographers in this

country. Photomicrography, be it un-

derstood, is the delicate art of taking

up all the rest of his life.

In one of the marble quarries of

It was not necessary, for just at

lie sank down on the rough step.

thither they went.

When they

gasped the girl, sinking to the floor

and burying her face in the couch.

but resolute.

Creek.

she said.

truly.

she cried.

the ruins.

me, Henrietta will!"

and was carried out almost lifeless.

whether he died after that or not.

many lay at the point of death.

if she could be brave.

hand for the paper.

Henrietta's handsome young hus-

"No. Robert," Allie said decidedly, | was not to be broken up in a few days, "I cannot give up my dreams of years. Neither of us would be happy." "But," Hobson persisted, "I am will-

ing to run the risk." "But I am not," Allie returned with spirit, "besides, what an ignominious end it would be to all my aspirations,

and all my hard work at college, for

me to simply get married." No pen could describe the scorn which she threw into those last two words.

"You surely would not forget your Latin and Greek any sooner simply be-travel life's journey henceforth alone cause you married, would you?" Hobson argued. "I fail to see how matrimony would interfere with any of your aspirations."

"I tell you I will never marry; I am going to try and make the world better for having lived in it," returned Miss Bowen, grandly.

"Don't you think it would be only fair if you were to tell me something your plans?" Mr. Hobson continued presently. "You have never even given me an outline of your aspira-

The girl looked at him suspiciously, but his face was perfectly grave.

"Well," she commenced energetically, "when I first went to college I did not think any more about such matters than other girls; but in a year or two I commenced to see what a useless life I had always led. As I had been almost entirely destroyed by saw what nobility there was in the lives of the distinguished women I met at our receptions and reunions, my brain and mind expanded, and then learned that I could never settle down to a commonplace life again. I thought it all over carefully, and wondered what I was meant to be for. I wished to make no mistake, and I concluded that it was my duty to go and help nurse our soldiers in the Filippines. But the war was ended before I had secured papa's consent, and now I really fee that it is my mission to go and teach these poor, ignorant Filipinos: but papa absolutely refuses, will not listen such a proposition, and Henrietta



You Would Be in Great Demand in Cripple Creek."

is just as had. But I think they will eventually give in when they realize how determined I am. It is very hard to have no one understand me," she concluded plaintively.

"I think that such a person as you would be in great demand out in Cripple Creek," began Hobson artfully, "You could visit the hospitals and jails the threshold stood a tall young man and teach in every mission Sunday school in town if you will marry me. I do not want to interfere with any of your pleasures.

"Pleasures? They are duties! And I mean to show you all that there is something in life for a woman besides marrying.

How beautiful she was! Hobson marveled at the blue of her eyes, and the shining richness of her brown hair. It was with difficulty that he rations will be realized after all. I refrained from taking this "new woman" in his arms in the old-fashioned

Allie had been in a chronic state of riding a hobby without curb or bridle ever since her return from Vas sar. She gave readings and recita tions only to prove the capacity of woman for independence. Her father was Clifton's leading citizen, so there was no want of money, but Miss Bowen would not accept a penny she did not earn. She looked on men as creatures to be endured and freely denounced love as a delusion and marriage as a mistake, binding people together so as to have double misery and hardship and only a single chance

Her father laughed at her goodnaturedly; her sister Henrietta said: You will get over it in a few months, wait until Bob Hobson comes out of the west. The girls were perfectly wild about him last year."

Robert Hobson was not a man who was easily daunted, and he had not weathered two strikes in Cripple Creek without learning a little diploweey. But the training of four years | photographs through a microscope. WHAT TARIFF DUTY MEANS TO STANDARD OIL TRUST.

LICENSED TO ROB

Congressman Kustermann One of Those Who Seem to Have Seen the Connection - Democratic

Attempt to End Monopoly. Hon. Gustav Kustermann, who represents the Green Bay district of Wis consin, has endeavored to enlighten the public in a speech in congress about the amount of the tariff protection the Standard Oil trust has been granted by the benevolent Republicans. Like many other novices who seek to discover the intricacles of protectionism, he jumps at erroneous conclusions and then tries to force his errors upon the public. If it was not that he appears to have imposed on our good and great statesman Theodore Roosevelt, instead of confining himself to the Republicans in congress and those of his Republican constituents who perhaps are easily deceived, it would hardly be worth while to set him straight on the tarff question.

In his speech he admits that himself and other Republican congressmen and speakers have declared "that the Standard Oil Company, the greatest and greediest trust in the world, had no protection." He gives the reason for this as ignorance of the tariff, but says: "It came in handy when we wished proof that there was no connection between tariff and It served its purpose and sitrusts. lenced those who were constantly attacking the tariff." Finding that the voters were no longer to be fooled by these evasions of the connection between the tariff and the trusts, he now admits, what has always been claimed by the Democrats, that the Standard this world during the springtime of Oll trust is protected by a tariff duty of "in some cases 100 to even 200 per cent " as Mr Kustermann declares. under the proviso in paragraph 626. although included in the free list.

As a means of escape from this prolonged attempt unintentionally to deceive the people, as Mr. Kustermann declares, he now charges that the same paragraph was in the Democratic tariff in 1894 "and our people overlooked it." If "our people overlooked it," why did they increase the duty so enormously? He must know, however, for he says he has made "a thorough study of the tariff," that instead of the Standard Oil trust being protected by from 100 to 200 per cent., the Instinctively her thoughts flew to Democratic tariff expressly provided Robert, and she held out a shaking that "there shall be levied, paid and collected upon said crude petroleum or its products so imported, 40 percenglaring headlines, telling that the tum ad valorem." As refined petroleum was then worth in Russia about six cents a gallon the ad valorem rate would be but 21/2 cents a gallon, instead of "in some cases 100 and even 200 per cent," as Mr. Kustermann now declares the tariff duty to be. Congressman Rainey of Illinois, in a speech in congress on February 13, gave official and statistical proof of Robert Hobson, while trying to rescue | the Democratic contention, which can be found in the Congressional Record of the Palace hotel, had fallen through of that date on page 2056. In justice to Mr. Kustermann it must be said that he has introduced a bill to repeal this tariff protection to the Standard Oil trust.

But after all Kustermann is a blind Roosevelt as well as other Republicans -for it is reported in a Washington newspaper that the president "has be come much interested in the question orado to-night! If you cannot go with of the tariff on petroleum," and has secured a copy of Mr. Kustermann's

And Henrietta did. In a few hours address. What the president needs is not the Kustermann speech but Congressman Rainey's speech, for the former tells but half the truth, while the latter exposes the whole infamous transact tion which has allowed the Standard Oil trust to plunder the American people, while at the same time selling its oil to other countries for much less than it charges here.

Bogus Civil Service Reform President Roosevelt is undoubtedly a civil service reformer, when it suits his purpose, but he does not seem able to control the spoil-mongers that he politically associates with. For instance. Col. Cecil A. Lvon of Texas. a personal and political friend of the president and head of the Republicar organization, is alleged to have been assessing the federal office holders of that state five per cent. of their sal aries. What is done with the money is not stated. It is certainly useless when applied to elections there, for the Democratic majorities seem larger than ever. It must be demoralizing to the public service to have most of the federal office holders so at the beck and call of one man that they feel compelled to pay these assessments on their salaries, and leaving out the political corruption that it naturally leads to, for the good of the public service President Roosevelt should admonish his friend to put a stop to it. There is no doubt that the practice of assessing office holders is prevalent in other states, but in Texas it is declared to have been done openly and flagrantly.

The Decrepit Tariff.

Age adds influence and honor to many human institutions, but a stagnant tariff can be justified only in a stagnant civilization. Those Republicans who are still opposing even the promise of a revision in 1909 never speak of the details of the law they love. If those details were admirably adapted to the needs of industry in 1897, that alone is presumptive evidence that they are not adapted to such needs to-day. Those voices which still occasionally cry in the wilderness that duties should be raised and not lowered, are more entitled to respect than the outgivings of the strict standpatter. From the ultra-protectionist standpoint, the former may conceivably be right in some isolated in stances. The latter is wrong from any standpoint which recognizes the tariff as anything but a mechanism for allowing certain influential men to make money .- New York Evening Post.

Self-love never reigns so absolutely s in the passion of love; we are always ready to sacrifice the peace of those we adore, rather than lose the least part of our own.

GET FOREIGN

Situation Shows Failure of Republica Policy of Protection

The New York Journal of Commerce the only financial and business paper that is independent of Wall street and trust influences, thinks that Amerlcan mills should seek foreign markets. It quotes the opinion of a man connected in an executive and practical way with one of the largest industries in this country, who said that only by entering into the competitive business abroad could it be hoped to prevent one of the most trying, cruel and disastrous periods that labor has experienced. "The public have not yet begun to appreciate the severity of the labor outlook," he continued. They hear of the hundreds of thousands of workmen of all kinds being out of work in the great cities, but they do not begin to realize the situation and the prespects at the woolen manufacturing centers, for instance, throughout New England. What is needed are foreign markets to act as a regulator or insurance for the home market."

But how is the American manufacturer to overcome the high tasiff rates that foreign countries impose on American products in retaliation for our high tariff duties imposed on their products? Virtually only the English markets are open to our wares, and even the British colonies, such as Canada and Australia, now impose tariff protection to protect their own manufacturers. Every country but England has a tariff wall around it and the United States has the highest tariff wall of all, with the possible exception of Russia.

To seek foreign markets for our surplus products under such conditions is a thankless task, for our manufac turers would have to offer their goods for a price that with the tariff rates of other countries added would be less than the price the manufacturers of foreign countries sell for. We can not compete with England for her manufacturers have free raw materials and lower cost of living for her workmen, and thus lower wages and cheaper cost of production than the manu

fecturer of the United States has The sad state of affairs that the Republican policy of protection has produced, both for the manufacturer and the workmen, cannot be much bettered by the trusts and tariff-protected industries selling cheaper abroad than here, because after all but little international trade can be accomplished between those who want to sell and refuse to buy. If we want to sell to foreigners, we must buy of them as a general proposition. No country can afford long to pay gold for foreign products, except for raw materials which it resells as finished products. The protected interests here must abide the conditions they have created. and nothing but reforming our own tariff with free raw materials and other reductions that will allow our workingmen to live cheaper will force open foreign markets for our surplus products

As long as the business boom was on everything was lovely for awhile, but now the breakdown has come we are helpless under the inelastic workings of the Republican policy of tariff protection.

The Republicans now propose a tariff commission to investigate the tarleading the blind-President iff abomination, but as that farseeing statesman, former Governor Douglas of Massachusetts, has lately said:

"While this commission will be slow ly prosecuting its investigation the tariff trusts will continue to plunder the helpless consumers and will raise dress is the waistcoat, which is a a campaign fund that will almost in- very gay affair this spring. In Paris and defeat the revisionists. Instead of this program of delay, I would have a president who would call an extra session of congress to revise the tariff immediately and radically,

"The proper time to get rid of some thing bad is right now. Nor do I believe in compromising with an evil and in agreeing to abolish it piecemeal-say ten per cent, a year-when it is possible to get rid of it at once. If I have an ulcerated tooth that should be extracted, I do not want it pulled by installments, so that the process will last several hours or several days: I want the agony of the separation to be as short as possible. I also want to get relief from the bad tooth as soon as possible."

A Few Booms. All kinds of presidential booms are affoat. There is the boom for "the big stick;" Uncle Joe's boom "in cocktails for Fairbanks; the boom for Gov. Johnson: the Knox boom. railroads; the Hughes boom, that is helping the Knox boom; the Harmon boom in Chio; the Douglas boom for Democratic principles-equal rights to all and special privileges to none; the Culberson boom for a southern leader; the boom for Senator Daniel, who would restore the constitutional rights of the states, which are being subverted by centralization.

Tariff the Cause of Trusts. The principle of protection is too strongly intrenched to be rooted out suddenly: but its position is not up assailable, and its general benefits by no means demonstrable. Prima facte the tariff has caused the trusts and has done more to debauch our polltics and unfairly tax the people than any other single device that ever emanated from the brain of congressional legislators. The tariff may be a local question, but it ought to be a national issue.-Richmond Times-Dis-

There is something in Representative J. Adam Bede's suggestion that f we should raise the Maine from Havana harbor and find out that she was sunk by an internal explosion we should have to "unfight the Spanish war." Possibly Mr. Bede might sug gest a plan of campaign for "unfight ing" it by which we may get back the amount of the bonged debt of the United States, which is about the sum the Philippine islands have cost us to date.

Friendship that flames goes out in a flash.-Young.



COLLARS AND BELTS

IRISH POINT LACE USED FOR THE FORMER.

Very Dainty and Becoming for the Small Woman Are Such Accessories-Belts of Satin Elastic Suit Most Figures.

Deep pointed collars of Irish point lace are quite as dainty and becoming as the many filet lace accessories the small woman wears now. For lingerie blouses they are particularly useful and effective, because they supply the entire trimming all in one piece. Take the collar shown in the illustration.

Girdle of Steel Studded Elastic.

for example. It is becoming and in glazed leather, the perforated parts dainty. It spreads over the blouse in

HATPIN TRIMMINGS ARE NEW. CRETONNE TRIMMINGS IN FAVOR. Really Useful Novelty Taken Up by Fair Parisians.

Hatpin trimmings figure prominently among the modish eccentricities of to such an extent that the hatpin outfit is a real necessity to the wardrobe. This consists of cardboard boxes in and sometimes as many as 25 are included in a set. There are bird pins, floral pins, bow pins, veil pins and every other kind of pin that the fancy can concoct. But the little ornaments have also a practical use, and for that reason are indispensable. The dernier crl in hatnins is the embroidered novelty giving the enchanting effect of a flower stuck on the hat. white hat may be seen adorned with pink chenille rosebuds in the morning while in the afternoon the same bit of millinery will triumph in a trail of purple chematis.

Embroidered Waistcoats.

One of the most telling features of they make the little walstcoat of gayly flowered cretonne. The front is entirely, of the cretonne, while the back is perfectly plain. A tiny row of white buttons reaches from the smart cravat to the belt. Half a dozen of these flowered cretonne waistcoats in various styles and colors will add much to the warmth and to the appearance of the spring suit. Embroidered waistcoats are worn women who like to have something out of the ordinary. Taffeta is worked litself. Some of the designs suggest in various floral designs and made into an entire innovation in the ideals of the neatest of little vests to be worn with the pony coat, the cut-away and the eton. It is well worth the while altogether beyond what a woman of of the woman who aims to dress be refined taste would care to wear. But comingly to look into the matter of her spring vests.

Lingerle Dresses.

The lingerie dresses are single piece garments, and have a waist line man on horseback;" the boom for "the of narrow embroidery or insertion, says a writer in Harper's Bazar. Those song;" the Bryan boom; the negro of linen or cloth are given a stitched boom for Foraker; the boom of the or braided waistband. They all button in the back. Unless all signs failthese "jumper" dresses will be the fathat is backed by the trusts and the vorite forms for the summer. They are made with fancy waists, attached to the skirt by a finished belt. The waist portion, which is designed to be likely to consist of stitched bands set into a round yoke at the top and molded into the waistband. Bretelles or sleeve caps or Ottoman armholes are the lingerie sleeves are seen.

> SAGS IN FLOWERED DESIGNS. Embroidered in Beads, Paillettes or Silk Are Used for Evening Bags.

A new bag of soft leather, plaited at the top and run upon two big rings of metal large enough to be passed over the arm, has been recently manched, but is more novel than beautiful, though the design is employed by some very exclusive houses. The prettiest thing of this kind we have seen was made not in leather but in heavy silk, solidly embroidered in Chinese design and Chinese blues and greens. The two big rings for handles were

The bead bags of the handsomest sort, especially fine ones in imitation of the old flower designs on white or black, are still considered chic with dressy tollets, and some extremely effective and handsome bags are of solid mesh of pearls run or crocheted together with heavy gold threads. For evening bags there are elaborate embroideries in beads, palllettes or silk have been obtained in steel bead em- to make the waist stay buttoned.

six rather deep points and is shaped without seams into a high stock. Such a collar is easily adjusted to any plain blouse. The belt worn with this blouse is

one that all Frenchwomen like, for it is of satin elastic and clings close to the figure, decreasing the usual waist measurement by an inch or two. The elastic is studded with fair sized jet cabochons, and the long upright buckle is of jet in an open pattern, which shows the satin elastic through the design. Another belt is made of silk crushed into the width of three inches. The material is stiffened under the triple shirrings which form

point in the back. Another steel studded belt has a de cidedly novel line curving to give it a much greater width in the back than in the front. Slender figures will find this style of belt most becoming. It has the knack of emphasizing their slenderness and of imparting dainty curves to the figure. A small steel studded oval buckle forms the fastening in front. .

A Tie Novelty.

The tailored girl this spring is wearing with her turnover collar odd little butterflies of leather.

They are made of suede and glazed leather, in two harmonizing shades of the same color.

Each piece is cut in four wings just the shape-of a butterfly, the upper a trifle smaller than the lower, and perforated in oval markings to let the color show through.

These ties are seen in dark purple and violet, brown and tan color, dark blue and light, myrtle and apple green and two tones of red. under piece is of the lighter shade in suede

Are a Feature of the Cotton and Linen House Frocks.

Quite the most pronouncedly new feature of the new cotton and linen French women. The fad has grown frocks meant for morning and informal afternoon wear will be the cretonne trimmings which are being used on many of the most attractive new which repose rows of hatpins as stolid frocks. These are in the genuine creas dead soldiers. The pins are short, tonne or Chintz patterns and in the varied colors that have always been



Pink Linen and Flowered Cretonne.

roses, green leaves, etc., in a heavy and ornate design, as shown in our il-

lustration. The material is not really that of the cretonnes, but is rather heavy linen, and most of these trimmings come as borders on linen materials which are meant to be used for the frock dressing, they are so elaborate, so pronounced and, seen at first glance an this is apt to seem the case when new materials are first shown and vet by the time the season for wearing them has really come, unless one has been a little indulgent toward the new styles, one's frocks do not seem sufficiently novel and smart.

Sew on Bands. Instead of basting bias silk bands for trimming dresses, etc., stick two or more long pins, several inches apart in press board, leaving a space at center of each pin to run the bias band under. The space is as wide as the band when done. Insert band under the first pin and pull through worn over a lingerie blouse, is quite that and the other pin or pins, pressing as you go along. This will turn the bias band on each side and the pressing will keep it down, and it is ready for stitching. This is a great added, through which or below which time saver, as several yards can be

> broidery and in combinations of cut jet and crystal.

Apropos of cut steel, this trimming still figures upon many of the handsomest leather belts and the elastic belts, which seem to have taken a firm hold upon feminine favor. Wide belts, folded once instead of being merely crushed, are made by one or two exclusive houses in any color or dered and may be plain save for a andsome buckle or steel studded or perhaps tooled in black, white, gold or allver.

One belt of this class comes in the most delicious shades of rose, framboise, lettuce green, Copenhagen blue, etc. and along its top runs a deeply cooled border of Greek key design in gold. Perfectly plain belts of suede or coze calf in the fashionable shades and fitted with handsome plain buckles of gilt or silver curvings to fit the waist snugly are also very chic.

Shirt Waist Buttonholes The buttonholes in the front of shirt waist should be cut across.

A SURGICAL



If there is any one thing that s woman dreads more than another it

is a surgical operation. We can state without fear of a contradiction that there are hundreds, yes, thousands, of operations performed upon women in our hospitals which are entirely unnecessary and many have been avoided by

LYDIA E. PINKHAM'S **VEGETABLE COMPOUND**

. For proof of this statement read the following letters. Mrs. Barbara Base, of Kingman, Kansas, writes to Mrs. Pinkham: "For eight years I suffered from the most severe form of female troubles and was told that an operation was my only hope of recovery. I wrote Mrs. Pinkham for advice, and took Lydia E. Pinkham's Vegetable Compound, and it has saved my life and made me a well woman."

Mrs. Arthur R. House, of Church Mrs. Arthur R. House, of Church Road, Moorestown. N. J., writes:

"I feel it is my duty to let people know what Lydia E. Pinkham's Vegetable Compound has done for me. I suffered from female troubles, and last March my physician decided that an operation was necessary. My husband objected, and urged me to try Lydia E. Pinkham's Vegetable Compound, and to-day I am well and strong."

FACTS FOR SICK WOMEN. For thirty years Lydia E. Pink-ham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, and backache.

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address, Lynn, Mass.

He Saw a Difference.

Barney Malloy and Mike Cairey were shingling a roof. "Barney," Mike asked, removing a bunch of shingle nails from his mouth, and settling back comfortably, "what is the difference between satisfied and content?" "The difference? Sure there's none," answered Barney. "If you're satisfied you're content, and if you're content you're satisfied." "That was my opinion, too, Barney, me boy, up to now, but it struck me sudden like as I put that last nail in that I am satisfled all right that Molly Cairey is my wife, but I am durned sure I am not content."

Evidently Strange.

"A gentleman to see you, sir," announced Mr. Struckitt Wright's new butler. "Ab-tell him I'll be down in a min-

ute. I guess it's my brother, probably. I'm expectin' him. Does he look anything like me?"

"No, sir-not at all. He is very gentlemanly in appearance.

Couldn't Catch Her. "I've just been done in oil by P.

Allette Dauber," remarked Mrs. Oldstock. "Now isn't that too bad!" exclaimed

Mrs. Justgotit. "One of them smooth fellows tried to sell me a bunch of oil stock a spell back and I turned him down hard.'

What We Have Done.

When the hour of death comes-that comes to high and low alike-then it is not what we have done for ourselves but what we have done for others. that we think on most pleasantly.-Sir Walter Scott.

THEY GROW. Good Humor and Cheerfulness from

Right Food. Cheerfulness is like synlight It dispels the clouds from the mind as sunlight chases away the shadows of

The good humored man can pick . . up and carry off a load that the man with a grouch wouldn't attempt to lift.

Anything that interferes with good health is apt to keep cheerfulness and good humor in the background. A Washington lady found that letting coffee alone made things bright for her. She writes:

"Four years ago I was practically given up by my doctor and was not expected to live long. My nervous system was in a bad condition.

"But I was young and did not want to die so I began to look about for the cause of my chronic trouble. I used to have nervous spells which would exhaust me and after each spell it would take me days before I could sit up in a chair.

"I became convinced my trouble was caused by coffee, I decided to stop it and bought some Postum.

"The first cup, which I made ac cording to directions, had a soothing effect on my nerves and I liked the taste. For a time I nearly lived on Postum and ate little food besides, I am today a healthy woman.

"My family and relatives wonder if I am the same person I was four years ago, when I could do no work on account of nervousness. Now I am doing my own housework, take care of two bables-one twenty, the other two months old. I am so busy that I hardly get time to write a letter, yet I do It all with the cheerfulness and good humor that comes from enjoying good

health. "I tell my friends it is to Postum

I owe my life today." Name given by Postum Co., Battle on silk and especially good effects they are cut up and down it is difficult | Creek, Mich. Rend "The Road to Wellville," in page. "There's a Reason."